

Asian Functional Foods



John Shi
Chi-Tang Ho
Fereidoon Shahidi

CRC Press
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Asian Functional Foods

Clare M. Hasler



Asian Functional Foods:

Asian Functional Foods John Shi, Fereidoon Shahidi, Chi-Tang Ho, 2005-03-03 The consumption of functional foods has emerged as a major consumer driven trend based on the needs of an ever growing health conscious population that wants to exercise greater control over its health Focusing on an important sector of this rapidly growing field Asian Functional Foods discusses the theoretical and practical aspects of functional foods found in the traditional Asian diet from fundamental concepts of biochemistry nutrition and physiology to food science and technology The book covers a wide range of topics beginning with an introduction to the source history functionality and chemical physical and physiological properties of traditional Asian functional foods followed by the health benefits mechanisms of antioxidant action anticancer and antiaging properties supported by clinical and epidemiological evidence The chapter authors discuss processing technology and process systems equipment material preparation food preparation and quality control during processing They explore stability shelf life and storage criteria for traditional functional food products industrial production home made products consumer and marketing issues and social and economical impact As Asian functional foods continue to gain popularity worldwide a solid understanding of these functional foods will help food scientists take advantage of them to better maintain and promote health Examining the scientific and social issues impacting their development this book provides that understanding

Asian Functional Foods John Shi, Fereidoon Shahidi, Chi-Tang Ho, 2005-03-03 The consumption of functional foods has emerged as a major consumer driven trend based on the needs of an ever growing health conscious population that wants to exercise greater control over its health Focusing on an important sector of this rapidly growing field Asian Functional Foods discusses the theoretical and practical aspects of functional foods

Functional Foods of the East John Shi, Chi-Tang Ho, Fereidoon Shahidi, 2010-10-21 Health and healing foods have a long history in the Asian cultures Those of Eastern culture have long believed that food and medicine are from the same source and can treat illnesses and promote a healthier life This volume covers certain traditional Asian functional foods their history functionality health benefits physiological properties

Fermentation Biotechnology for Functional Foods Kalidas Shetty, Lena Gálvez Ranilla, 2025-10-31 Fermentation based processing advanced with global food systems as humanity started to organize the domestication of agriculture from plant and animal sources These advances emerged across regions of the world from river valley civilizations in Asia Mesopotamia India and China and Africa Egypt to Meso American civilizations As food crops and animal foods emerged from domestication to advancements in post harvest processing stages growth of invisible microbial systems led to modified foods that aligned with local palates of the communities This in several

cases became part of food systems as it added a mode of preservation and improved the food quality that was preferred by each community. This is how the early genesis of fermented foods from grains, fruits, and vegetables to animal meats and milk products became an integral part of early civilizations over 4000 years ago and has now carried over and further developed across many countries in every region of the world. The foundations of these food fermentations are now an integral part of modern food advances as preferred food substrates and the microbial interactions that drive the metabolic processes in defined food matrixes are being scientifically advanced. This book focuses on bringing together diverse emergences and advancements of fermented foods across different regions of the world and how the metabolic processes associated with fermentation in several cases add health-relevant functional qualities across different food matrixes. This book contains 26 chapters from the Americas, Africa, Europe, and Asia, bringing together the fermentation processes of diverse food substrates and their microbial processing and, in several cases, providing health-targeted functional benefits.

Key Features: Discusses the rationale and basis of fermented food systems from across 26 diverse regions of the world with examples from the Americas, Asia, Europe, and Africa. Presents historical plant and animal food substrates and the metabolic processes of their fermentation across traditions of a range of countries. Covers traditional food fermentations across diverse food substrates that have potentially health-relevant functional benefits. Reflects and presents the role of historical, cultural, and traditional food concepts of a diverse range of countries with many novel examples and how they have influenced health-relevant functional benefits. Discusses the relevance of metabolic concepts of fermented and functional foods in advancing healthy food concepts. This book is important for food scientists, nutritionists, and the health care sector, but beyond this, it is also relevant for a wider global audience interested in a holistic health approach from food systems where examples of fermentation experience can inform new natural processing strategies to improve food quality and health.

Applications of Functional Foods in Disease Prevention Raj K. Keservani, Eknath D. Ahire, 2024-01-09. Functional food sources are growing in popularity because they are exceptionally nutritious and provide amazing medical advantages. They can help ensure against infection, prevent supplement deficiency, and advance appropriate health development and improvement. With illustrative case studies, this new volume explores the many roles of functional foods in the prevention and management of various diseases, including diabetes, autism spectrum disorder, weight loss, and obesity, microbial infections, ulcers, and other gastrointestinal diseases, mental disorders, and brain health, cardiac health, and cardiovascular diseases, osteoporosis, and bone health, and more.

Regulation of Functional Foods and Nutraceuticals Clare M. Hasler, 2008-02-28. Regulation of Functional Foods and Nutraceuticals: A Global Perspective offers a comprehensive resource for information on regulatory aspects of the growing and economically important functional food industry. Regulatory systems and definitions of key terms (food, supplement, drug, etc.) vary from country to country. A thorough understanding of laws and regulation within and among key countries with regard to functional foods, herbal extracts, or drugs and nutritional supplements is critical to the direction of

food companies that are developing products for these markets International experts with legal and or scientific expertise address relevant topics from quality issues to organic foods to labeling Innovative product development within the framework of existing regulations will be addressed in individual chapters Overview chapters will discuss global principles inter country trading issues and present a comparison of the laws and regulations within different countries graphically A must have handbook for research professionals management and marketing strategists in the worldwide functional foods nutritional supplements business Food technicians and engineers responsible for manufacturing quality in this industry should add it to their library to ensure that they have a thorough knowledge of the applicable legal requirements The book will also serve as an indispensable shelf reference for lawyers in the food industry and government health professionals with regulatory responsibilities

Emerging Solutions in Sustainable Food and Nutrition Security Sampat Ghosh,Amrita Kumari Panda,Chuleui Jung,Satpal Singh Bisht,2023-10-28 Given the uncertainties in future food and nutrition security due to climate change compounded with an increasing global population sustainable development is essential for the survival of much of the world s population Besides the conceptual evolution of food and nutrition security exploration of new scientific areas aids in reshaping our knowledge of nutritional requirements and innovation of novel technologies can be utilized to tackle production and security issues in sustainable ways Emerging Solutions in Sustainable Food and Nutrition Security provides comprehensive and up to date coverage of the current problems and issues emerging ideas and pragmatic solutions in sustainable nutrition The book is designed to promote an understanding of the fundamentals and changing landscapes of food systems nutrition and environmental sustainability Emerging issues such as the growing importance of traditional foods in improving nutrition security the exploration of biodiversity to promote food diversity the sustainable management of current agroecosystems the progress made in utilizing biotechnology to enhance crop production the utilization of bio fortification and food fortification as means of nutritional management the latest research advancements in mineral research and the functional foods are comprehensively addressed For researchers seeking a deeper insight into sustainable nutrition security and the current technical developments these chapters cover current technologies across the four pillars of food security food availability food accessibility food utilization and food stability and provide a platform for critical scientific thinking in the field of food security safety and environmental sustainability in conjunction with Sustainable Development Goals such as Zero Hunger and Climate Action

Functional Foods Maria Saarela,2011-04-30 The first edition of Functional foods Concept to product quickly established itself as an authoritative and wide ranging guide to the functional foods area There has been a remarkable amount of research into health promoting foods in recent years and the market for these types of products has also developed Thoroughly revised and updated this major new edition contains over ten additional chapters on significant topics including omega 3 polyunsaturated fatty acids consumers and health claims and functional foods for obesity prevention Part one provides an overview of key general issues including definitions of functional

foods and legislation in the EU the US and Asia Part two focuses on functional foods and health investigating conditions such as cardiovascular disease diabetes cancer obesity and infectious diseases as well as and the impact of functional foods on cognition and bone health Part three looks at the development of functional food products Topics covered include maximising the functional benefits of plant foods dietary fibre functional dairy and soy products probiotics and omega 3 polyunsaturated fatty acids PUFAs With its distinguished editors and international team of expert contributors Functional foods Concept to product is a valuable reference tool for health professionals and scientists in the functional foods industry and to students and researchers interested in functional foods Provides an overview of key general issues including definitions of functional foods and legislation in the EU the US and Asia Focuses on functional foods and health investigating conditions such as cardiovascular disease diabetes cancer obesity and infectious diseases Examines the development of functional food products featuring maximising the functional benefits of plant foods dietary fibre functional dairy and soy products Chinese Dates Dongheng Liu,Xingqian Ye,Yueming Jiang,2016-07-06 Chinese Dates A Traditional Functional Food delivers unique information on Chinese dates jujubes as typical ethical foods and traditional health promoting foods It conveys a better understanding of Asian food cultures and provides historical information in regard to traditional functional foods and their dietary applications It discusses the h **Nutraceutical and Functional Food Regulations in the United States and around the World** Debasis Bagchi,2019-06-08 Nutraceutical and Functional Food Regulations in the United States and Around the World Third Edition addresses the latest regulatory requirements designed to ensure the safe production and delivery of these valuable classes of foods The book is well recognized showing how food and nutrition play a critical role in enhancing human performance and in overall health The book discusses the scope importance and continuing growth opportunities in the nutraceutical and functional food industries exploring the acceptance and demand for these products regulatory hurdles the intricate aspects of manufacturing procedures quality control global regulatory norms and guidelines Contains five new chapters that address regulations in Germany New Zealand Saudi Arabia the United Arab Emirates South Africa and Brazil Argentina and other Southern American Countries Provides foundational regulatory terminology Describes GRAS status and its role in functional food Presents a complete overview of cGMP and GMP Identifies and defines the roles of NSF DSHEA FTC and FDA Chinese Dates Dongheng Liu,Xingqian Ye,Yueming Jiang,2016-07-06 Chinese Dates A Traditional Functional Food delivers unique information on Chinese dates jujubes as typical ethical foods and traditional health promoting foods It conveys a better understanding of Asian food cultures and provides historical information in regard to traditional functional foods and their dietary applications It discusses the h Asian Foods Catharina Y.W. Ang,Keshun Liu,Yao-Wen Huang,1999-04-05 This comprehensive new book provides up to date information on many types of Asian prepared foods their origin preparation methods processing principles technical innovation quality factors nutritional values and market potential Written by experts who specialize in the field it includes information on Asian dietary habits and the

health si Proceedings of the International Symposium on Cultivation and Utilization of Asian, Sub-tropical, and Underutilized Horticultural Crops Dae-Geun Oh, Chieri Kubota, 2008 International Functional Food Symposium, "Functional Foods: the Future of Asian Health" Hong Kong Polytechnic University. Department of Applied Biology and Chemical Technology, 2005 **Encounters of Functional Foods and Asian Traditional Medicines** Danik Martirosyan, 2018-10-05 The Functional Food Center has successfully held 25 International Conferences including this one since 2004 We take special interest in enabling the assimilation of scientific knowledge at our conferences under the series Functional Foods and Chronic Diseases Science and Practice The 25th International Conference was held October 27th through October 28th in Osaka Japan This conference was titled Encounters of Functional Foods and Asian Traditional Medicines Main conference sessions and topics include Functional Food Definition and the Status in Japan and USA Japanese traditional medicine Kampo medicine Traditional medicines in China Taiwan South Korea and Indonesia Traditional medicines and functional foods Functional Food Ingredients Sources and Potential Benefits in Public Health Immunomodulation by Functional Foods Promising Concept for Chronic Disease and Healthy Aging Functional Foods and Chronic Diseases Current Research and Development of New Functional Food Products The Functional Food Center's research has allowed modern society to evade the side effects of modern pharmaceuticals and the problems associated with treating chronic diseases through surgical procedures Presented in this book are scientists food manufacturers and healthcare professionals who are committed to functional food research that have brought together ideas and research to treat chronic illnesses and improve the quality of life through the utilization of functional foods with bioactive compounds

Functional Foods and Dietary Supplements Athapol Noomhorm, Imran Ahmad, Anil Kumar Anal, 2014-03-11

Functional foods are foods which contain bioactive components either from plant or animal sources which can have health benefits for the consumer over and above their nutritional value Foods which have antioxidant or cancer combating components are in high demand from health conscious consumers much has been made of the health giving qualities of fruits and vegetables in particular Conversely foods which have been processed are suffering an image crisis with many consumers indiscriminately assuming that any kind of processing robs food of its natural goodness To date there has been little examination of the actual effects whether positive or negative of various types of food processing upon functional foods This book highlights the effects of food processing on the active ingredients of a wide range of functional food materials with a particular focus on foods of Asian origin Asian foods particularly herbs are becoming increasingly accepted and demanded globally with many Western consumers starting to recognize and seek out their health giving properties This book focuses on the extraction of ingredients which from materials which in the West are seen as alternative such as flour from soybeans instead of wheat or bran and starch from rice but which have long histories in Asian cultures It also highlights the incorporation of those bioactive compounds in foods and the enhancement of their bioavailability Functional Foods and

Dietary Supplements Processing Effects and Health Benefits will be required reading for those working in companies research institutions and universities that are active in the areas of food processing and agri food environment Food scientists and engineers will value the new data and research findings contained in the book while environmentalists food regulatory agencies and other food industry personnel involved in functional food production or development will find it a very useful source of information **Asian Perspectives** ,2005 **Nutrition Goals for Asia, Vision 2020** ,2003
Contributed articles *Food Australia* ,2005

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